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What is claimed is:

1. A method for delivering physiological pacing, the method comprising the steps of:

inserting a single electrode or a pair of electrodes into an interventricular septal zone, which is in proximity to the bundle of His where pacing stimulation results in a rhythm breaking out at an intrinsic location;

positioning the single electrode or pair of electrodes at one or more positions within the septal zone;

sensing by means of the single electrode or pair of electrodes at the one or more positions;

measuring a P-wave amplitude and an R-wave amplitude sensed at each position;

pacing by means of the single electrode or pair of electrodes at the one or more positions;

measuring a pacing threshold of the single electrode or pair of electrodes at each position;

selecting from the one or more positions an electrode implant site where a ratio of P-wave amplitude to R-wave amplitude is less than approximately 0.5 and the pacing threshold is less than or equal to approximately 1.5 volts; and

implanting the single electrode or pair of electrodes at the selected site to deliver physiological pacing.

2. The method of claim 1, wherein the step of positioning the single electrode or pair of electrodes at the one or more positions comprises varying an insertion depth.

3. The method of claim 1, wherein the step of positioning the single electrode or pair of electrodes at the one or more positions comprises re-inserting the single electrode or pair of electrodes.

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4. The method of claim 1, wherein the single electrode or pair of electrodes are included in an array of electrodes and the step of positioning the single electrode or pair of electrodes at the one or more positions comprises selecting the single electrode or pair of electrodes from the array at each of the one or more positions.
5. The method of claim 1, wherein the step of inserting the single electrode or pair of electrodes comprises advancing the single electrode or pair of electrodes endocardially through a right atrium.
6. The method of claim 1, wherein the step of inserting the single electrode or pair of electrodes comprises advancing the single electrode or pair of electrodes endocardially through a right ventricle.
7. The method of claim 1, wherein the step of inserting the single electrode or pair of electrodes comprises advancing the single electrode or pair of electrodes epicardially.